Announces

Sleep Well, Be Well: A Practical Approach to Sleep Disorders

Presented by
Baylor College of Medicine
Office of Continuing Medical Education

Saturday, March 11, 2006
Baylor College of Medicine, One Baylor Plaza,
Room M112, DeBakey Building, Houston, Texas
Sleep Well, Be Well: A Practical Approach to Sleep Disorders

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Activity Director: Amir Sharafkhaneh, MD
Activity Coordinator: Ellen Seaback, CMP, CAE

NEEDS AND GOALS

Sleep disorders are increasingly associated with increased mortality, morbidity, health care costs, and lower quality of life. Unfortunately, the medical school curriculum and amount of exposure during residency programs does not provide an adequate and practical approach to the diagnosis and management of these disorders. In most primary care visits, evaluation of sleep habits and problems is not performed. Many practitioners are not familiar with the presentation and consequences of sleep disorders. In addition, the complaints about sleep are ignored, and most of the attention is focused on daytime symptoms. When nightly symptoms are addressed treatment is sometimes applied improperly. The most important example of this is the treatment of insomnia with sleeping pills resulting in dependence and rebound insomnia upon withdrawal.

EDUCATIONAL OBJECTIVES

At the conclusion of the activity, the participant should be able to:
1) Conduct a meaningful and practical interview with a patient with a sleep complaint
2) Formulate a differential diagnosis for the sleep-related symptoms
3) Formulate a practical and cost-effective approach to establish the diagnosis of a sleep disorder
4) Interpret the results of tests for sleep disorders
5) Identify the treatment options available for sleep disorders
6) Recommend the treatment of choice for sleep disorders

TARGET AUDIENCE

Physicians in Primary Care, Family Medicine, Dentistry, Neurology, Psychiatry, ENT, and Pulmonology; Residents and Fellows; Physician Assistants.
EDUCATIONAL METHODS
Lectures • Question & Answer Sessions • Case Studies • Course Syllabus

EVALUATION
Evaluation by questionnaire will address program content, presentation, and possible bias.

ACCREDITATION / CREDIT DESIGNATION
Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Baylor College of Medicine designates this educational activity for a maximum of 6.25 category 1 credits toward the AMA Physician’s Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

FEE, REGISTRATION AND CONFIRMATION INFORMATION
Refer to the registration form for the fee schedule. Your registration will not be processed until payment is received. Your registration will be confirmed. If you have not received confirmation at least 5 business days before the activity start date, contact the Office of Continuing Medical Education (OCME) immediately.

If you plan to register on-site, contact OCME at least 24 hours in advance to confirm activity status and space availability. The OCME reserves the right to limit the number of participants in an activity and will not be responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.

Continental breakfast, luncheon, breaks, and course syllabus are included in the registration fee.

To register/pay online, visit the activity website at http://cme.bcm.tmc.edu/1322 and follow the instructions.
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:30 AM</td>
<td>Welcome and Introduction</td>
<td>Amir Sharafkhaneh, MD</td>
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<tr>
<td>8:40 AM</td>
<td>Excessive Daytime Sleepiness - Diagnosis</td>
<td>Amir Sharafkhaneh, MD</td>
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<tr>
<td>9:40 AM</td>
<td>Excessive Daytime Sleepiness - Management</td>
<td>Richard Castriotta, MD</td>
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<td>10:40 AM</td>
<td>Break</td>
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<tr>
<td>11:00 AM</td>
<td>Insomnia - Diagnosis</td>
<td>Max Hirshkowitz, PhD</td>
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<td>12:00 NOON</td>
<td>Lunch</td>
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<tr>
<td>1:00 PM</td>
<td>Insomnia - Management</td>
<td>Wallace Mendelson, MD</td>
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<tr>
<td>2:00 PM</td>
<td>Pediatric Sleep Disorders</td>
<td>Merrill Wise, MD</td>
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<td>3:00 PM</td>
<td>Break</td>
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<tr>
<td>3:30 PM</td>
<td>Parasomnias</td>
<td>Nilgun Giray, MD</td>
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<td>4:30 PM</td>
<td>Adjourn</td>
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In order to meet the requirements of the Accreditation Council for Continuing Medical Education (ACCME), it is the policy of Baylor College of Medicine (Baylor) that the activity director, planning committee members, and faculty disclose all relationships with commercial interests. Baylor also requires that faculty disclose any discussion of unlabeled use or investigational use of pharmaceutical and medical device products. Specific disclosure will be made to the participants prior to the educational activity.

Faculty, topics, program schedule, and credits are subject to change.

Audio or videotaping is prohibited without written permission from the Activity Director and the Office of Continuing Medical Education, Baylor College of Medicine, Houston, Texas.
ACTIVITY FACULTY

GUEST FACULTY
Richard Castriotta, MD, FCCP
Professor of Medicine
The University of Texas-Houston Medical School
Houston, Texas

Wallace Mendelson, MD
Professor of Neurology
University of Chicago
Chicago, Illinois

BAYLOR FACULTY
Nilgun Giray, MD
Assistant Professor of Psychiatry
Michael E. DeBakey VA Medical Center

Max Hirshkowitz, PhD
Associate Professor of Psychiatry and Medicine
Michael E. DeBakey VA Medical Center

Amir Sharafkhaneh, MD
Assistant Professor of Medicine
Michael E. DeBakey VA Medical Center

Merrill Wise, MD
Associate Professor of Pediatrics and Neurology
Staff Physician, Children’s Sleep Center
Texas Children’s Hospital
CANCELLATION/REFUND POLICY

Requests for registration refunds must be in writing and received by the Office of Continuing Medical Education (OCME) at least 10 business days before the activity begins. The date the request is received by the OCME will be considered the cancellation date. Requests received after the refund deadline will not be processed. Cancellations are subject to a $50 administrative fee deducted from the registration fee paid to cover guarantees and other expenses. Requests should be mailed to the OCME or faxed to 713.798.7955.

The OCME reserves the right to cancel activities, not less than 10 business days before the scheduled date, if extenuating circumstances make it necessary. Registrants will be notified at the contact number indicated on the registration form followed by written notification. If an activity is cancelled, OCME’s liability is limited to the registration fee paid.

Note: If payment was made by check, social security number is required to process refund.

CONFERENCE LOCATION

Baylor College of Medicine
One Baylor Plaza
Room M112, DeBakey Building
Houston, Texas 77030

Use TMC Parking Garage #4 (Entrance on Bertner/E. Cullen St.). Bring your parking ticket to the conference registration desk to have it validated. Other parking areas will not be validated.

FOR FURTHER INFORMATION CONTACT

Baylor College of Medicine
Office of Continuing Medical Education
One Baylor Plaza, MS: BCM 155
Houston, TX 77030

Phone: 713.798.8237
Fax: 713.798.7955
Email: cme@bcm.tmc.edu

Visit our website located at http://cme.bcm.tmc.edu for information about Baylor College of Medicine CME activities.
REGISTRATION FORM

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Please print.

Name ___________________________ ___________________________ ___________________________ Degree ___________________________
Last / First / MI

Affiliation ___________________________ ___________________________ ___________________________ ___________________________

Address ___________________________ ___________________________ ___________________________ ___________________________
City ___________________________ State ___________________________ Zip Code ___________________________

Office ___________________________ Phone ___________________________ Fax ___________________________

Email ___________________________ (for activity-related follow-up, e.g., outcomes assessment)

S specialty ___________________________ Professional License No./State ________ (required)

REGISTRATION FEE (please indicate) $200 Physician $125 Physician Assistant $50 Resident or Fellow*

METHOD OF PAYMENT

☐ CHECK (in U.S. Funds) made payable to Baylor College of Medicine.

☐ CREDIT CARD ☐ VISA® ☐ MasterCard® ☐ DISCOVER® ☐ AMEX®

Credit Card Number ___________________________ Expiration (M/Y) ___________________________

Name on Card ___________________________ Authorized Signature ___________________________

With credit card payment, you may fax completed registration form to 713.798.7955.

A limited number of reduced-fee and no-fee spots are available for residents and medical students with preregistration ONLY. Contact OCME for fees and availability. *Verification required. Fax within 24 hours of registration to 713.798.7955.

Return completed registration form and payment to:
Baylor College of Medicine
Office of Continuing Medical Education (1322)
P.O. Box 4708
Houston, Texas 77210-4708

Your registration must be prepaid.

Special Dietary Needs (specify) ___________________________

Contact OCME if you have any ADA accommodation needs.

☐ Include me in email notifications for CME activities.

Online registration is available at http://cme.bcm.tmc.edu/1322

FOR OFFICIAL USE ONLY

CK CC LB Cash

Date: ___________________________ Amount: ___________________________
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